

## **STRUCTURE / FUNCTION CLAIMS**

### **NUTRIENT: Cod Liver Oil**

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**PRODUCT:** Schiff Emulsified Vitamins A & D (120sg)

**NUTRIENT AMOUNT:** 25,000 IU Vitamin A per serving (one softgel)  
1,000 IU Vitamin D

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#### **STRUCTURE/FUNCTION CLAIM:**

Necessary for normal vision, adequate immune system function, absorption of calcium, and helps form bone.

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#### **REFERENCES:**

1. Olson, J.A., Vitamin A, retinoids, and carotenoids, in *Modern Nutrition in Health and Disease*, 8th ed., Shils, M.E., J.A. Olson, M. Shike, Eds., Lea & Febiger, Philadelphia, 1994, 287-307.
2. Bender, D.A., Vitamin A: retinol and β-carotene, in *Nutritional Biochemistry of the Vitamins*, Cambridge University Press, Cambridge, 1992, 19-26.
3. Holick, M.F., Vitamin D, in *Modern Nutrition in Health and Disease*, 8th ed., Shils, M.E., J.A. Olson, M. Shike, Eds., Lea & Febiger, Philadelphia, 1994, 308-325.
4. Collins, E.D. and A.W. Norman, Vitamin D, in *Handbook of Vitamins. Second Edition, Revised and Expanded*, 2nd ed., Machlin, L.J., Ed., Marcel Dekker, New York, 1991, 59-98.
5. Norman, A.W., R. Boullion and M. Thomasset, Eds., *Vitamin D. Gene Regulation, Structure-Function Analysis and Clinical Application*, Walter de Gruyter, Berlin, 1991.

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